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## **A unique cause of elbow pain and loss of range of motion in a 13-year-old**

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## Introduction

13 y/o right hand dominant young lady presented with decrease ROM and pain in her left elbow with associated locking. She is a competitive dancer and states that a “tightness” has existed in the antecubital fossa of her left elbow for greater than 1 year. Symptoms worsened over the last 2 weeks as she has been practicing for over 10 hours per day.

## Physical Exam

She was TTP over the proximal ulna, flexor tendon mass, biceps tendon, and capitellum. Pt lacked 5-10° of extension with her left elbow and exhibited 5° of hyperextension on the right.

## Differential

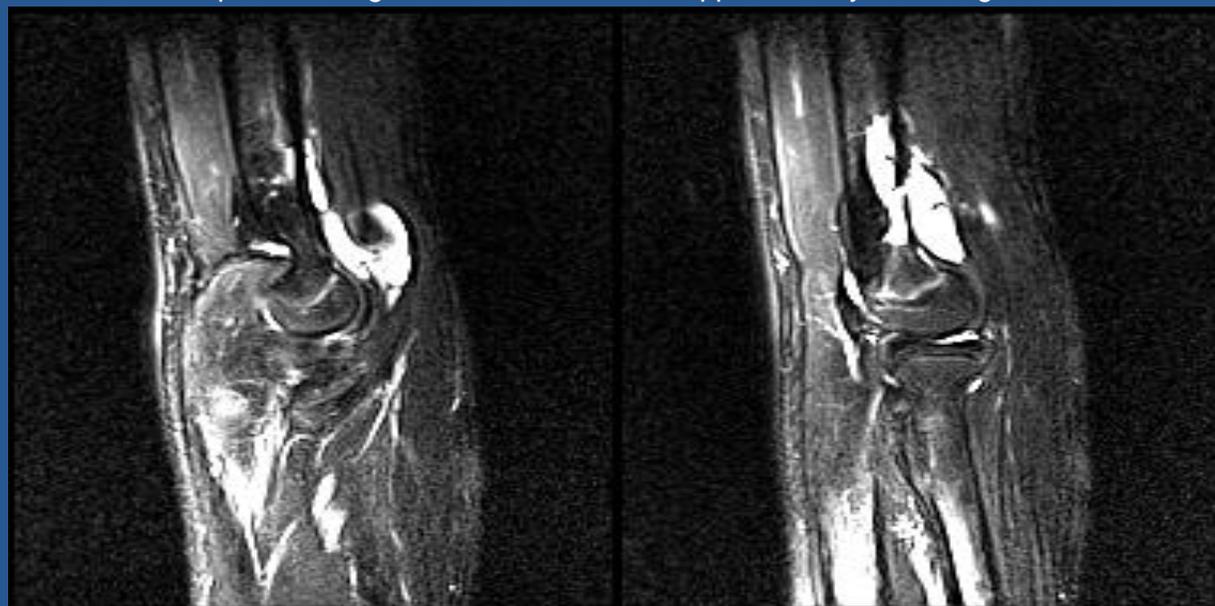
Biceps tendinopathy with contracture, capitellar OCD, osteochondroma, tumor, occult fracture, inflammatory arthritis, heterotrophic ossification

# A unique cause of elbow pain and loss of range of motion in a 13-year-old athlete

Thomas M. Munro MD and Brian S. Harvey DO



**Figure 1:** Left Elbow Lateral Xray View: Multiple small heterogeneous calcifications are visible in the antecubital space the largest of which measured approximately 1 cm in greatest diameter.



**Figure 2:** T2 Sagittal MRI with Contrast of Left Elbow: Visible is a lobulated hyperintense mass with a fluid/fluid level and internal phleboliths. There is communication across the distal anterior humeral cortex in the region of the posterior aspect of the brachialis muscle with a resultant intraosseous and extraosseous component.

## Work-up

Soft tissue calcifications visible on Xray (Figure 1). To further elucidate these findings we performed an MRI with and w/o contrast of pt's left elbow which showed a venous malformation (VM) (Figure 2).

## Treatment

Treatment of VMs is controversial but typically begins with symptomatic treatment (compression, NSAIDs). Over time VMs slowly expand and can cause the need for further intervention. First line treatment consists of sclerotherapy which often requires serial treatments. Surgical excision is less favorable and less often utilized.

## Outcome

Pt was referred to Orthopedic Surgery and Vascular Malformation Clinic. Since referral, her follow up has been delayed due to COVID 19. Currently pt is still undergoing symptomatic management.

LOVE WILL.

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